



*Find Your Flow*

## *Adult Yoga Class*

*With Melissa Urrunaga*

Take time to unwind and learn how to destress with yoga classes hosted by the Berlin Parks and Recreation Department! Classes will be held on Wednesdays for 6 weeks at the Berlin Community Center, starting January 4.

### Theme for the Classes

1/04 - Week 1: Curiosity  
1/11 - Week 2: Grounding  
\*1/18 - Week 3: Balance  
2/1 - Week 4: Patience  
2/22 - Week 5: Strength  
3/1 - Week 6: Self Love Yoga

Time: 7:00pm-8:00pm

Fee: \$90 residents / \$100 non-residents

\*1/18 class will be held at 5:15pm

Please bring your own yoga mat as only a limited amount will be available.

The Berlin Parks and Recreation Department is accepting registration online through WebTrac on the town's website at [www.berlincat.gov](http://www.berlincat.gov) or in-person at 230 Kensington Rd, Berlin, CT 06037.

Look for us on Facebook at [facebook.com/TownBerlinCT](https://facebook.com/TownBerlinCT).

For more information, call our Department at 860-828-7009.